

Central Highlands Primary Care Partnership

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Welcome to the Central Highlands Primary Care Partnership Newsletter.

This weekly newsletter is a vehicle for you to use to promote your agency's happenings to the Central Highlands.

Agencies are welcome to use the newsletter to showcase new programs, staff, projects and events. Information should be sent to admin@chpcp.org by **Fridays** for the next week's edition.

Thinking about the Future

A program for Carers who are caring for an adult relative (child, partner, sibling) who have a disability.

Older families often face concerns around the health and mobility of the carer which can impact on the caring role. Carers who are approaching 60 years and over who would like to learn more about disability support, legal, financial, respite and accommodation options are welcome to attend.

The program aims to support and assist carers to make informed choices and to explore a more secure future through plans that suit individual family needs.

The program will run on Fridays over 5 weeks commencing Friday 18th September. Venue advised when registering.

For registrations and an information pack contact Michelle Kelly at the Commonwealth Carer Respite Centre, 53337104 or michelleke@bhs.org.au

Calendar of Events:

(180) e.g. This is the edition number and can be accessed on the website for the full details of the event.

www.chpcp.org/newsletter

September 2009

Thursday 10 th	Healthy Communication in your Relationship, CAFS , 6.00pm – 8.00pm, 115 Lydiard St, Ballarat (241)
Thursday 10 th	Women's Health Day, Women's Health Grampians , 10.00am – 3.00pm. Doug Dean Stadium, Nandiriog Drive, Delacombe (241)
Thursday 10 th	Community Seminar – Supporting the Bereaved Child , Australian Centre for Grief and Bereavement, 7.00pm – 9.30pm Venue (TBA) (242)
Thursday 10 th & Friday 11 th	If Not Dieting Health Professional Training , 9.00 am – 5.00 pm, Treacy Conference Centre, 126 The Avenue, Parkville (239)
Friday 11 th	Strategies for supporting Bereaved and Grieving Adults , Australian Centre for Grief and Bereavement, 9.30am – 4.30pm, Venue (TBA) (242)
Saturday 12 th	Do you want to become a Professional Childbirth Attendant, Body Wise Birth Services . 9.00am – 11.30am, Eastwood Leisure Centre, Ballarat (243)
Tuesday 15 th	Introduction to Health Promotion, CHPCP , 11.00 am – 3.30 pm, Creswick, Creswick Community Health Centre (239)
Wednesday 16 th	Culturally Appropriate Health Promotion, Centre for Culture, Ethnicity & Health , 9.00am – 1.30pm at the Centre for Culture, Ethnicity & Health 81-85 Barry St Carlton (242)
Wednesday 16 th	CHPCP - RYAN Meeting – 3.00pm – 5.00pm , DPCD Office 111 Armstrong St Ballarat (242)
Friday 18 th	Borderline Personality Disorder – Centacare Ballarat 8.30am, The Victoria 2 Room, Mecure Ballarat, 613 Main Rd Ballarat (242)
Friday 18 th	Thinking about the Future, Commonwealth Carer Respite Centre, held over 5 weeks on Fridays, Venue advised on registration. (243)
Sunday 20 th	Medimarathon, St John of God , 8.00 am Start, Lake Wendouree (239)
Monday 21 st	CHPCP Diabetes Steering Group Meeting , 1.00pm – 3.00pm, Ballarat District Division of General Practice, 105 Webster St Ballarat (243)
Tuesday 22 nd	ADHD and learning disorders from Science to Strategies , 9.00am – 3.00pm at the Boroondara Sports Centre, 271c Belmore Rd Balwyn North (243)
Thursday 24 th	Good2gr8 Teenagers, Empowering Your Teenager, Increasing Self Belief , 10.00am – 12.00pm in Ballarat, Venue TBA on Booking (243)

Good2gr8 Teenagers

“Empowering Your Teenager”

Good2gr8 Coaching specialise in coaching teenagers to reach their fullest potential.

Coaching is unique as it empowers each child to increase their self awareness through questioning. The coaching style is one of fun and self discovery. Qualified coaches are offering a two hour small group coaching session in Ballarat during the first week of the September school holidays.

To run from 10.00am – 12.00pm

Cost: \$30 primary \$40 secondary pp

Thursday 24th September – Increasing Self Belief

Friday 25th September – Increasing Resilience

For Information and bookings contact Sue

Anderson on 0417 052 739 or

sue@good2gr8.com.au

Victoria in Future 2008 a DPCD in the community event

Department of Planning and Community Development.

Victoria in Future 2008 is the Victorian Government's official population and household projections. It delivers information for state-wide, regional and metropolitan areas as well as Local Government areas, covering the period of 2006-2036 for state-wide areas and 20606-2026 for Local Government areas.

This event will deliver the story behind the Victorian Future numbers, showing how the dynamics of our society and economy are reflected in the changing patterns of where people live. You will also be given the opportunity to discuss these topics and provide your thoughts and comments.

To be held Tuesday 13th October, 9.30am – 12.30pm at the Mecure Ballarat, Eureka Ballroom, 613 Main Rd Ballarat.

For information contact Nicola McCracken on 03 9208 3699 or

spatialanalysis.research@dpcd.vic.gov.au

Upskilled, Government Funding for Training in Certificate IV Business Administration

The Australian Government is providing \$4000 to the employer or business for each eligible employee to so a National Qualification in increasing efficiency in administration.

The Australian Government has identified the Certificate IV Business Administration to be the qualification the provides immediate and significant benefits to employers and employees to better run and manage their business.

If you feel that you or your staff can take advantage of this opportunity being offered please call 1300 009 924 or

info@unskilled.com.au

Course commences in Ballarat in September

Caring for our Community – Grampians HACC Conference.

This 2 day conference funded by the Department of Human Services is for home care, personal care, respite care, activity workers, volunteers, coordinators, social support workers, and home maintenance and food service workers in Home & Community Care HACC services in the Grampians region.

To be held Wednesday 28th & Thursday 29th October in Halls Gap.

Cost: 2 days - \$100pp, 1 day - \$50

For information and registration contact Cathy

Faull, HACC Training Coordinator, Ballarat District Nursing & Healthcare on 5334 1500 or

hacc@dnh.com.au

White Ribbon Day – Women's Health Grampians – Advance Notice

The White Ribbon Day launch will be held on the 25th November but this year it will have a more family friendly and community feel with a picnic theme. We encourage guests to bring along blankets, rugs & chairs and even BYO food and non-alcoholic drinks. The committee will also provide a BBQ and entertainment.

We hope to focus on the ambassadors this year showcasing what they have done in their community to promote the message of White Ribbon Day.

If you would like to be a guest speaker at the launch please contact Nikki on 5222 4100 or

nikki@whg.org.au

ADHD and Learning Disorders from Science to Strategy

This seminar is tailored for health professionals, educators, parents, carers and adults with learning and attention disorders.

Cots: \$160pp

To be held Tuesday 22nd September, 9.00am – 3.00pm at the Boroondara Sports Centre, 271c Belmore Rd Balwyn North.

For information and registration contact 08 9346 7544

The ADHD Coalition of Victoria will be officially launched at 10.30am during morning tea, when a presentation will be made to celebrate the new ADHD Coalition of Victoria its aim and objectives. For details visit

www.adhdcoalitionvic.org.au

Victorian Aboriginal & Physical Activity Strategy

The strategy was produced by VACCHO and funded by DHS and DPCD.

It is an excellent resource and should be very useful as Regional Implementation Plans are developed. The strategy is also available on the VACCHO website at

www.caccho.com/documents/VANPHS.pdf

Going Green in the Work Place – St John of God Ballarat

Going “Green” should not just be about helping the environment. There are many other benefits to your health, the community and your lifestyle.

A St John of God Ballarat we set up a committee, affectionately known as the “Greenies”. This group identified the good things that were already happening and looked at how to improve awareness and develop new strategies for a greener work place. These are some ways you can improve your work place:

- * Save Electricity, turn off computers at the wall and any other appliances overnight.
- * Choose Green Powered Accredited Electricity, Energy Australia’s Pure Energy is one of the largest renewable energy retailers.
- * Turn you’re heating and cooling down, each 1 degree increase in heating or one degree decrease in cooling temperature can increase costs by up to 10%.
- * Ramp up your Recycling, ensuring you have bins for rubbish and recycling in your staff rooms and that paper is recycling in the office.
- * Use Energy Saving Light Bulbs, by switching to fluorescent light bulbs you can save up to 75% of energy use per bulb.
- * Use Green Materials, Some paper use can’t be avoided, so use recycled paper and envelopes that have been processed and coloured using eco-friendly methods.
- * Pack your own Lunch, by packing your own lunch in washable containers you are not only making a healthy eating choice but the amount of packaging in also reduced. Bring your own mug to work and try to prevent the take away coffee cups.

For information on how to go green and the benefits go to www.begreen.com.au

Release of Preventative Taskforce Final Report

The final report of the Preventative Health Taskforce has been released. Preventative health is a priority area of the Commonwealth Government.

The Taskforce was commissioned to investigate three key priority areas of obesity, alcohol and tobacco and make evidence based recommendations on ways we can improve our health.

Access the report at

www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr09-nr-nr134.htm?OpenDocument&yr=2009&mth=9

Did you know??

Every year we throw away 24 million tons of leaves and grass, leaves alone account for 75% of our solid waste in autumn each year.

Prostate Cancer Awareness Month - September

September is the perfect time for men to talk to their GP and get their prostate checked.

September is Prostate Cancer Awareness month and it is a perfect time to remind men with symptoms or a family history of prostate cancer to discuss any concerns they may have with their doctor.

While prostate cancer is most common in men over the age of 50, younger men with a history of prostate cancer in their family are at greater risk. The Australian Government recognises prostate cancer as a major health issue and is committed to tackling the problem.

For information visit

www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr09-nr-nr137.htm?OpenDocument&yr=2009&mth=9

Do you want to become a Professional Childbirth Attendant

Body Wise Birth Services are now entering the fourth round of Childbirth Attendant Training.

If you have an interest in supporting families during their pregnancy, labour and birth and helping to ease the transition into early parenthood then this could be for you.

Our workshop is designed to evoke a passion for birth and to educate trainees about the anatomy and physiology related to pregnancy, labour and birth. We cover topics such as the brain in labour; hormones are helpers, optimal foetal positioning and current information about choices for childbirth and many more.

This workshop has a strong focus on practical support strategies for labour, including massage and therapeutic touch techniques.

The next workshop will be held Saturday 12th September, 9.00am – 11.30am at the Eastwood Leisure Centre Ballarat.

For information contact Carly on 0408 413 855

or visit www.bodywisebirth.com.au

Places are limited.

Up coming Advanced Postnatal and Breastfeeding Support Workshop

Body Wise Birth Services will be facilitating a workshop on Postnatal and Breastfeeding Support. The workshop aims to provide information and practical skills pertaining to the early postnatal period with a focus on breastfeeding counselling and support and early parenting support strategies. This workshop is a wonderful addition for any birth attendant or midwife student or anyone wanting to obtain information and skills in this area.

To be held Wednesday 9th September, 7.00pm at the Eastwood Lesuire Centre, Eastwood St, Ballarat. For information contact Lisa on 0421 651 734 or study@bodywisebirth.com.au

Drive On – Mentoring Program Lead On Ballarat

Lead On Ballarat in partnership with the Ballarat Light Car Club, City of Ballarat and Road Safe Vic Roads devised this program in response to the hardship some highly disadvantaged young people face in obtaining their driving licence.

This is your opportunity to help people participate fully in a better community.

We are looking for volunteers with driving experience to help our young learner driver's gain on the road experience for our Drive On program.

Drive On is a program which provides access to mentors/supervising drivers for young learner drivers who may otherwise have difficulty gaining on road experience.

Training will be provided and all costs are covered by Lead On so don't hesitate to get involved.

For information contact Gulsen Ozer at Lead On Ballarat, 36 Camp St Ballarat on 0425 782 761 or email ballarat@leadon.com.au

Primary Health Weekly Bulletin – 3rd September 2009

The latest edition of the Primary Health Weekly Bulletin is now available at www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?

Extension of the Integrated Chronic Disease Management Industry Advisor Project 2009- 2010

We are pleased to advise that the Integrated Chronic Disease Management (ICDM) Industry Advisor project has been extended until 30th June 2010. The Industry Advisors work with primary care partnerships throughout Victoria in the development of strategies and approaches to further progress ICDM work across their catchments. Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/extension-of-the-integrated-chronic-disease-management-industry-advisor-project-2009-10/nocache?

Launch of the Integrated Chronic Disease Management Online Clearinghouse

This week the secretary of the Victorian Department of Health launched the Integrated Chronic Disease Management Online Clearinghouse at the Australian Disease Management Association (ADMA) national conference in Melbourne. The Clearinghouse developed by ADMA in partnership with the Victorian Department of Health is now live and open for use. Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/extension-of-the-integrated-chronic-disease-management-online-clearinghouse/nocache?

“Go for your life” Physical Activity Forum – children and active transport

The Children and Active Transport Forum to be held on Tuesday 6th October in Melbourne is presented by Kinect Australia and kids – “Go for your Life” as part of their respective professional development series. Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/go-for-your-life-physical-activity-forum-children-and-active-transport/nocache?

Monash Spring School for Public Health and Clinical Research

The Monash Spring School for Public Health and Clinical Research is offering a series of short courses to provide short-term intensive educational opportunities for those seeking professional development or as an alternative to full time studies. Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/monash-spring-school-for-public-health-and-clinical-research/nocache?

Getting Safe against the Odds – Domestic Violence Resource Centre

Nationally and internationally there is a consensus among researchers that women identified as having a ‘disability’ experience violence and abuse at a much greater rate than the rest of the population.

This free training is for workers who are currently working in the family violence field. The objectives of the training are to gain a better understanding of the context and experience of women with disabilities who experience violence, explore best practice responses in relation to risk assessment and safety planning and share strategies that will prepare your agency to better respond to the needs of women with disabilities.

Cost: \$75pp

To be held Wednesday 7th October, 9.15am – 4.30pm (venue to be advised on registration).

For information and registration contact the Domestic Violence Resource Centre Victoria on 03 9486 9866 or dvrvc@dvrvc.org.au

Please register before 24th September 2009

DON'T FORGET TO PASS THIS INFORMATION ON

**Please print out a copy for your
staff room.**

To include items in the newsletter contact Sharna Kelly 03 5338 4774 or admin@chpcp.org